



Know Your Numbers

-You And Your Family Are Worth It!

Blood Pressure

Blood Glucose

Cholesterol



If found early, high blood pressure, elevated LDL cholesterol and high blood glucose levels are all very treatable and can be controlled.

It's simple! Make an appointment* with your healthcare provider and discuss which tests might be best for your health. These screenings are easy, they take only a few moments to complete and they are well worth your time.

Visit www.knowyournumbersdelaware.com to learn how knowing your numbers can earn you a reward:

- “Keep The Beat” healthy choices for 2010 wall calendar
- Small notepad with attached pen
- Computer mouse pad



IMPORTANT: Starting October 1st the Dela **WELL** program will be offering onsite Biometric Health Screenings and a confidential, online Wellness Assessment where eligible participants can enter their numbers and receive **FREE** personalized health programs to support their individual health goals. Individuals must participate in official Dela **WELL** events to qualify for potential incentives.



**Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.*